IPO- POWERLIFTING RECORDS MEN

CLASS (kg)	Category	Division	SQUAT			BENCHPRESS			DEADLIFT			TOTALS		
			Name	Squat	Date	Name	Bench	Date	Name	Deadlift	Date	Name	Totals	Date
56	T13-15	RAW												
	T13-15	RAW CL												
	T13-15	S/P												
	T13-15	M P												
	T16-17	RAW												
	T16-17	RAW CL												
	T16-17	S/P												
	T16-17	M/P												
	T18-19	RAW												
	T18-19	RAW CL												
	T18-19	S/P												
	T18-19	M/P												
	JUNIOR	RAW												
	JUNIOR	RAW CL												
	JUNIOR	S/P	Aspek Dzhaparov	200	31/03/2012	Aspek Dzhaparov	115	31/03/2012	Aspek Dzhaparov	175	31/03/2012	Aspek Dzhaparov	490	31/03/2012
	JUNIOR	M/P												
	OPEN	RAW												
	OPEN	RAW CL	Barry Smith	185	28/09/2024	Barry Smith	105	28/09/2024	Barry Smith	160	28/09/2024	Barry Smith	430	28/09/2024
	OPEN	S/P	Aspek Dzhaparov	200	31/03/2012	Aspek Dzhaparov	115	31/03/2012	J Keegan	180	24/11/2006	Aspek Dzhaparov	490	31/03/2012
	OPEN	M/P												
	M40-44	RAW												
	M40-44	RAW CL												
	M40-44	S/P												
	M40-44	M/P												
	M45-49	RAW												
	M45-49	RAW CL												
	M45-49	S/P												
	M45-49	M/P												
	M50-54	RAW												
	M50-54	RAW CL												
	M50-54	S/P												
	M50-54	M/P												
	M55-59	RAW												
	M55-59	RAW CL												
	M55-59	S/P												
	M55-59	M/P												
	M60-64	RAW												
	M60-64	RAW CL												
	M60-64	S/P												
	M60-64	M/P												
	M65-69	RAW												
	M65-69	RAW CL												
	M65-69	S/P												
	M65-69	M/P												
60	T13-15	RAW												
	T13-15	RAW CL												
	T13-15	S/P												
	T13-15	M P												
	T16-17	RAW												
	T16-17	RAW CL												
	T16-17	S/P												
	T16-17	M/P												
	T18-19	RAW												
	T18-19	RAW CL	Wayne Healy	152.5	15/10/2015	Wayne Healy	62.5	15/10/2015	Wayne Healy	167.5	15/10/2015	Wayne Healy	380	15/10/2015
	T18-19	S/P	Adam Priestly	110	31/01/2012	Adam Priestly	70	31/03/2012	Adam Priestly	150	31/03/2012	Adam Priestly	330	31/03/2012
	T18-19	M/P	Adam Priestly	180	05/04/2014	Adam Priestly	82.5	05/04/2014	Adam Priestly	212.5	05/04/2014	Adam Priestly	462.5	05/04/2014
	JUNIOR	RAW												
	JUNIOR	RAW CL	Aspek Dzhaparov	200	14/11/2013	Aspek Dzhaparov	112.5	14/11/2013	Aspek Dzhaparov	182.5	14/11/2013	Aspek Dzhaparov	495	11/04/2013
	JUNIOR	S/P	Aspek Dzhaparov	220	06/04/2013	Aspek Dzhaparov	130	27/04/2013	Ruairi Mc Cann	210	04/06/2010	Aspek Dzhaparov	540	27/04/2013
	JUNIOR	M/P	Adam Priestly	180	05/04/2014	Adam Priestly	82.5	05/04/2014	Adam Priestly	212.5	05/04/2014	Adam Priestly	462.5	05/04/2014
	OPEN	RAW												
	OPEN	RAW CL	Aspek Dzhaparov	200	14/11/2013	Aspek Dzhaparov	112.5	14/11/2013	Aspek Dzhaparov	182.5	14/11/2013	Aspek Dzhaparov	495	11/04/2013
	OPEN	S/P	Barry Smith	225	21/09/2019	Barry Smith	140	21/09/2019	Barry Smith	2015	21/09/2019	Barry Smith	580	21/09/2019
	OPEN	M/P	Adam Priestly	182.5	01/10/2014	Adam Priestly	90	01/10/2014	Adam Priestly	212.5	05/04/2014	Adam Priestly	477.5	01/10/2014
	M40-44	RAW												
	M40-44	RAW CL												
	M40-44	S/P												
	M40-44	M/P												
	M45-49	RAW												
	M45-49	RAW CL												
	M45-49	S/P	Michael Gallagher	185	24/03/2024	Michael Gallagher	185	24/03/2024	Sean Cregan	190	03/06/2011	Sean Cregan	460	03/06/2011
	M45-49	M/P												
	M50-54	RAW												
	M50-54	RAW CL												
	M50-54	S/P												
	M50-54	M/P												
	M55-59	RAW												
	M55-59	RAW CL												
	M55-59	S/P												
	M55-59	M/P												
	M60-64	RAW												
	M60-64	RAW CL												
	M60-64	S/P												
	M60-64	M/P												
	M65-69	RAW												
	M65-69	RAW CL												
	M65-69	S/P												
	M65-69	M/P												
67.5	T13-15	RAW												
	T13-15	RAW CL												
	T13-15	S/P												
	T13-15	M/P												
	T16-17	RAW												
	T16-17	RAW CL												
	T16-17	S/P												
	T16-17	M/P												
	T18-19	RAW												
	T18-19	RAW CL	Brandon Power	145	31/03/2012	Brandon Power	92.5	31/03/2012	Brandon Power	185	31/03/2012	Brandon Power	422.5	31/03/2012
	T18-19	S/P	B Mc Cormack	112.5	04/04/2010	B Mc Cormack	85	04/04/2010	B Mc Cormack	162.5	04/04/2010	B Mc Cormack	355	04/04/2010
	T18-19	M/P												
	JUNIOR	RAW												
	JUNIOR	RAW CL	Aspek Dzhaparov	210	05/04/2014	Aspek Dzhaparov	130	05/04/2014	Aspek Dzhaparov	190	05/04/2014	Aspek Dzhaparov	530	27/04/2014
	JUNIOR	S/P	Ruairi Mc Cann	245	03/11/2010	Ruairi Mc Cann	167.5	03/11/2010	Ruairi Mc Cann	237.5	03/11/2010	Ruairi Mc Cann	650	03/11/2010
	JUNIOR	M/P	Adam Priestly	200	04/04/2015	Adam Priestly	105	04/04/2015	Adam Priestly	215	04/04/2015	Adam Priestly	505	04/04/2014
	OPEN	RAW	Aspek Altizn	187.5	07/06/2016	Aspek Altizn	140	07/06/2016	Aspek Altizn	210	07/06/2016	Aspek Altizn	537.5	07/06/2016
	OPEN	RAW CL	Ruairi Mc Cann	252.5	03/10/2020	Rainer Altmae	167.5	27/03/2016	Ruairi Mc Cann	242.5	18/11/2017	Rainer Altmae	645	27/03/2016
	OPEN	S/P	Ruairi Mc Cann	270	03/06/2011	Ruairi Mc Cann	167.5	03/06/2011	Ruairi Mc Cann	245	03/06/2011	Ruairi Mc Cann	677.5	03/06/2011
	OPEN	M/P	Ruairi Mc Cann	340	17/09/2017	Ruairi Mc Cann	210	27/03/2016	Ruairi Mc Cann	255	27/03/2016	Ruairi Mc Cann	797.5	17/09/2017
	M40-44	RAW												
	M40-44	RAW CL												
	M40-44	S/P												
	M40-44	M/P												
	M45-49	RAW												
	M45-49	RAW CL												
	M45-49	S/P	Sean Cregan	170	05/03/2011	Sean Cregan	90	05/03/2011	Sean Cregan	180	05/03/2011	Sean Cregan	440	05/03/2011
	M45-49	M/P												
	M50-54	RAW												
	M50-54	RAW CL												
	M50-54	S/P												
	M50-54	M/P												
	M55-59	RAW												
	M55-59	RAW CL												
	M55-59	S/P												
	M55-59	M/P												
	M60-64	RAW												
	M60-64	RAW CL												
	M60-64	S/P												
	M60-64	M/P												
	M65-69	RAW												
	M65-69	RAW CL												
	M65-69	S/P												
	M65-69	M/P												
75	T13-15	RAW												
	T13-15	RAW CL												
	T13-15	S/P												
	T13-15	M P												
	T16-17	RAW												
	T16-17	RAW CL	Kieran Bennett	200	04/04/2015	Adam Olch	102.5	25/03/2016	Kieran Bennett	260	04/04/2015	Kieran Bennett	555	04/04/2015
	T16-17	S/P												
	T16-17	M/P												
	T18-19	RAW												
	T18-19	RAW CL												
	T18-19	S/P	Killian Prendeville	170	04/04/2015	Killian Prendeville	90	04/04/2015	Killian Prendeville	195	04/04/2015	Killian Prendeville	455	04/04/2015
	T18-19	M/P												
	JUNIOR	RAW												
	JUNIOR	RAW CL	Kieran Bennett	200	04/04/2015	Gareth Williams	122.5	31/03/2012	Kieran Bennett	260	04/04/2015	Kieran Bennett	555	04/04/2015
	JUNIOR	S/P	Gar Smith	262.5	03/11/2010	Gar Smith	167.5	03/11/2010	Gar Smith	220	03/09/2010	Gar Smith	700	03/09/2010
	JUNIOR	M/P	Adam Priestly	225	26/03/2016	Adam Priestly	132.5	26/03/2016	Adam Priestly	220	16/10/2015	Adam Priestly	572.5	26/03/2016
	OPEN	RAW												
	OPEN	RAW CL	Clogs Saruks	275	23/11/2019	Clogs Saruks	187.5	23/11/2019	Clogs Saruks	262.5	11/07/2021	Clogs Saruks	722.5	11/07/2021
	OPEN	S/P	Clogs Saruks	280	31/07/2016	Clogs Saruks	240	31/07/2016	Niall Reddan	270	04/09/2021	Clogs Saruks	790	31/07/2016
	OPEN	M/P	Wes Mc Cormick	412.5	03/10/2020	Wes Mc Cormick	250	03/10/2020	Wes Mc Cormick	267.5	03/10/2020	Wes Mc Cormick	930	03/10/2020
	M40-44	RAW	Pat Mc Namara	167.5	25/05/2023	Pat Mc Namara	132.5	25/05/2023	Pat Mc Namara	212.5	25/05/2023	Pat Mc Namara	512.5	25/05/2023
	M40-44	RAW CL												
	M40-44	S/P												
	M40-44	M/P	Brian Leahy	170	25/05/2023	Brian Leahy	70	25/05/2023	Brian Leahy	222.5	25/05/2023	Brian Leahy	462.5	25/05/2023
	M45-49	RAW												
	M45-49	RAW CL	Sean Cregan	200	26/04/2014	Sean Cregan	100	26/04/2014	Sean Cregan	217.5	26/04/2014	Sean Cregan	527.5	26/04/2014
	M45-49	S/P	Sean Cregan	230	18/06/2013	Sean Cregan	125	27/04/2013	Sean Cregan	215	18/06/2013	Sean Cregan	580	18/06/2013
	M45-49	M/P	Sean Cregan	200	31/03/2012	Sean Cregan	115	31/03/2012	Sean Cregan	220	31/03/2012	Sean Cregan	535	31/03/2012
	M50-54	RAW												
	M50-54	RAW CL	Sean Cregan	230	25/03/2016	Sean Cregan	125	25/03/2016	Sean Cregan	245	25/03/2016	Sean Cregan	595	25/03/2016
	M50-54	S/P	Tommy Warby	217.5	24/11/2006	Tommy Warby	145	24/11/2006	Tommy Warby	230	09/04/2006	Tommy Warby	592.5	24/11/2006
	M50-54	M/P												
	M55-59	RAW												
	M55-59	RAW CL												
	M55-59	S/P												
	M55-59	M/P												
	M60-64	RAW												
	M60-64	RAW CL												
	M60-64	S/P												
	M60-64	M/P												
	M65-69	RAW												
	M65-69	RAW CL	Bill Healy	205	04/04/2015	Bill Healy	135	04/04/2015	Bill Healy	240	25/03/2016	Bill Healy	550	04/04/2015
	M65-69	S/P												
	M65-69	M/P												
82.5	T13-15	RAW												
	T13-15	RAW CL	Jason Brodie Lynch	110	04/04/2015	Jason Brodie Lynch	60	26/06/2015	Jason Brodie Lynch	130	04/04/2015	Jason Brodie Lynch	297.5	26/06/2015
	T13-15	S/P												
	T13-15	M P												
	T16-17	RAW												
	T16-17	RAW CL												
	T16-17	S/P												
	T16-17	M P												
	T18-19	RAW	Simon Clancy	120	05/03/2017	Simon Clancy	92.5	05/03/2017	Simon Clancy	165	05/03/2017	Simon Clancy	377.5	05/03/2017
	T18-19	RAW CL	Scott Dean	215	25/03/2016	Scott Dean	115	25/03/2016	Scott Dean	250	25/03/2016	Scott Dean	580	25/03/2016
	T18-19	S/P	Dave Deegan	220	04/04/2010	Dave Foster	130	09/04/2006	Dave Deegan	220	04/04/2010	Dave Deegan	570	04/04/2010
	T18-19	M/P												
	JUNIOR	RAW												
	JUNIOR	RAW CL	Stephen Casey	225	15/10/2015	Stephen Casey	145	01/10/2014	Stephen Casey	290	04/04/2015	Stephen Casey	647.5	01/10/2014
	JUNIOR	S/P	Darren Quinn	270	03/11/2010	Darren Quinn	155	03/11/2010	Darren Quinn	235	03/11/2010	Darren Quinn	660	03/11/2010
	JUNIOR	M/P												
	OPEN	RAW	Billy Hutchison	180	01/10/2016	Billy Hutchison	135	01/10/2016	Billy Hutchison	250	01/10/2016	Billy Hutchison	565	01/10/2016
	OPEN	RAW CL	Derek Abbott	277.5	28/08/2022	Pat Mc Namara	177.5	27/03/2016	Stephen Casey	290	04/04/2015	Derek Abbott	720	28/08/2022
	OPEN	S/P	Pat Mc Namara	320	27/06/2008	Richie Power	220	23/03/2019	Shane Brodie	275	12/11/2005	Richie Power	790	23/03/2019
	OPEN	M/P	Graham Quirke	310	17/09/2017	Graham Quirke	220	17/09/2017	Sean Cregan	230	14/11/2014	Graham Quirke	605	17/09/2017
	M40-44	RAW												
	M40-44	RAW CL	Derek Abbott	280	31/08/2024	Clogs Saruks	185	30/11/2024	Tom Mannion	285.5	25/05/2021	Derek Abbott	720	31/08/2024
	M40-44	S/P	Graeme Quirke	272.5	25/05/2023	Graeme Quirke	202.5	25/05/2023	E Dunne	272.5	24/11/2006	Graeme Quirke	715	25/05/2023
	M40-44	M/P												
	M45-49	RAW	David Carroll	112.5	01/10/2016	David Carroll	95	01/10/2016	David Carroll	110	01/10/2016	David Carroll	317.5	01/10/2016
	M45-49	RAW CL	Sean Cregan	220	01/10/2014	Sean Cregan	117.5	01/10/2014	Wayne Cox	250.5	15/10/2015	Wayne Cox	566.5	15/102015
	M45-49	S/P	Bar Morgan	270	09/04/2006	Bar Morgan	165	09/04/2006	Bar Morgan	245	09/04/2006	Bar Morgan	670	09/04/2006
	M45-49	M/P	Sean Cregan	245	05/04/2014	Sean Cregan	130	14/11/2013	Sean Cregan	230	14/11/2014	Sean Cregan	580	14/11/2013
	M50-54	RAW												
	M50-54	RAW CL	Shay Kirwan	225	23/03/2022	Shay Kirwan	140	28/04/2023	Shay Kirwan	253	16/11/2021	Shay Kirwan	613	16/11/2021
	M50-54	S/P	Sean Cregan	225	17/09/2017	Sean Cregan	145	17/09/2017	Sean Cregan	190	17/09/2017	Sean Cregan	580	17/09/2017
	M50-54	M/P												
	M55-59	RAW												
	M55-59	RAW CL	Ron St Leger	200	25/03/2016	Ron St Leger	107.5	25/03/2016	Ron St Leger	190	25/03/2016	Ron St Leger	497.5	25/03/2016

	M55-59	S/P												
	M55-59	M/P												
	M60-64	RAW												
	M60-64	RAW CL	Bill Healy	231	26/06/2014	Bill Healy	100	05/04/2014	Bill Healy	240	05/04/2014	Bill Healy	612.5	05/04/2014
	M60-64	S/P	Tommy Dillon	210	24/11/2006	Tommy Dillon	147.5	24/11/2006	Tommy Dillon	235	24/11/2006	Tommy Dillon	592.5	24/11/2006
	M60-64	M/P												
	M65-69	RAW												
	M65-69	RAW CL	Billy Kidd	180	05/04/2014	Billy Kidd	100	05/04/2014	Billy Kidd	180	05/04/2014	Billy Kidd	460	05/04/2014
	M65-69	S/P		192.5	06/06/2011	Billy Kidd	130	06/06/2011	Billy Kidd	220	06/06/2011	Billy Kidd	542.5	06/06/2011
	M65-69	M/P												
	M70-74	RAW												
	M70-74	RAW CL												
	M70-74	S/P	Billy Kidd	170	06/06/2011	Billy Kidd	100	06/04/2013	Billy Kidd	190	06/04/2013	Billy Kidd	460	06/04/2013
	M70-74	M/P												
90	T13-15	RAW												
	T13-15	RAW CL	Jason Brodie Lynch	150	26/03/2016	Jason Brodie Lynch	72.5	06/06/2016	Jason Brodie Lynch	155	26/03/2016	Jason Brodie Lynch	375	26/03/2016
	T13-15	S/P												
	T13-15	M P												
	T16-17	RAW												
	T16-17	RAW CL												
	T16-17	S/P												
	T16-17	M/P												
	T18-19	RAW												
	T18-19	RAW CL	Killian Prederville	255	18/11/2017	Killian Prederville	132.5	18/11/2017	Killian Prederville	285	18/11/2017	Killian Prederville	682.5	18/11/2017
	T18-19	S/P	Dave Foster	207.5	25/11/2006	Dave Foster	150	25/11/2006	Dave Foster	215	25/11/2006	Dave Foster	572.5	25/11/2006
	T18-19	M/P												
	JUNIOR	RAW	Mark Hennessy	200	17/11/2018	Mark Hennessy	140	17/11/2018	Mark Hennessy	245	17/11/2018	Mark Hennessy	585	17/11/2018
	JUNIOR	RAW CL	Gareth Small	285	23/11/2019	Mark Hastings	177.5	26/04/2014	Darragh O'Keeffe	305	28/08/2022	Gareth Small	780	23/11/2019
	JUNIOR	S/P	Ian Bedford	270	04/11/2010	James Hanley	155	08/05/2007	Ian Bedford	265	04/11/2010	Ian Bedford	690	04/11/2010
	JUNIOR	M/P												
	OPEN	RAW	Padraig Foley	260	23/03/2019	Padraig Foley	170	23/03/2019	Padraig Foley	270	23/03/2019	Padraig Foley	700	23/03/2019
	OPEN	RAW CL	Lenny O'Sullivan	307.5	04/09/2021	Lenny O'Sullivan	202.5	11/07/2021	Anthony O Rourke	315	27/03/2016	Lenny O'Sullivan	810	11/07/2021
	OPEN	S/P	Shane Brodie	352.5	06/04/2010	Bernard Delaney	262.5	17/11/2009	Bernard Delaney	311	25/11/2006	Bernard Delaney	875	26/07/2008
	OPEN	M/P	Shane Brodie	400	31/03/2012	Shane Brodie	250	27/03/2016	Shane Brodie	300	31/03/2012	Shane Brodie	925	31/03/2012
	M40-44	RAW	Paul Smith	160	15/06/2019	Paul Smith	110	15/06/2019	Paul Smith	212.5	15/06/2019	Paul Smith	482.25	15/06/2019
	M40-44	RAW CL	Shane Brodie	300	27/03/2016	Damien Blackmore	170	14/03/2023	Shane Brodie	270	27/03/2016	Shane Brodie	732.5	27/03/2016
	M40-44	S/P	Shane Brodie	320	04/04/2015	Graham Quirke	212.5	03/10/2020	G Tierney	295	24/11/2006	Graham Quirke	792.5	03/10/2020
	M40-44	M/P	Shane Brodie	380	15/04/2017	Shane Brodie	250	27/03/2016	Shane Brodie	285	15/04/2017	Shane Brodie	895	15/04/2017
	M45-49	RAW	Brian O Donoghue	140	10/12/2021	Brian O Donoghue	105	10/12/2021	Brian O Donoghue	140	10/12/2021	Brian O Donoghue	385	10/12/2021
	M45-49	RAW CL	Shane Brodie	290	28/08/2022	Shay Kirwan	150	04/11/2017	Shane Brodie	265	28/08/2022	Shane Brodie	690	28/08/2022
	M45-49	S/P	Shane Brodie	325	02/11/2018	Graeme Quirke	205	03/11/2024	JJ Dunne	270	05/03/2011	Shane Brodie	766	10/11/2018
	M45-49	M/P	Shane Brodie	390	23/03/2022	Shane Brodie	187.5	03/10/2020	Shane Brodie	260	10/07/2021	Shane Brodie	829	23/03/2022
	M50-54	RAW												
	M50-54	RAW CL	JJ Dunne	250	05/04/2014	JJ Dunne	142.5	15/10/2015	JJ Dunne	268	06/04/2014	JJ Dunne	642.5	15/10/2015
	M50-54	S/P	Shane Brodie	353	30/11/2024	JJ Dunne	157.5	10/11/2018	JJ Dunne	275	10/11/2018	Shane Brodie	753	30/11/2024
	M50-54	M/P												
	M55-59	RAW												
	M55-59	RAW CL	Rosco Reid	135	26/03/2016	Rosco Reid	95	08/06/2016	Rosco Reid	152.5	08/06/2016	Rosco Reid	375	26/03/2016
	M55-59	S/P	JJ Dunne	250	25/03/2018	JJ Dunne	152.5	25/03/2018	JJ Dunne	270	25/03/2018	JJ Dunne	672.5	25/03/2018
	M55-59	M/P	JJ Dunne	275	23/11/2019	JJ Dunne	135	23/11/2019	JJ Dunne	230	23/11/2019	JJ Dunne	640	23/11/2019
	M60-64	RAW												
	M60-64	RAW CL	JJ Dunne	232.5	25/11/2023	JJ Dunne	130	24/03/2024	JJ Dunne	252.5	25/11/2023	JJ Dunne	612.5	24/03/2024
	M60-64	S/P												
	M60-64	M/P												
	M65-69	RAW												
	M65-69	RAW CL												
	M65-69	S/P												
	M65-69	M/P												
	M70-74	RAW												
	M70-74	RAW CL												
	M70-74	S/P	Clem Foley	140	06/05/2007	Clem Foley	130	09/04/2006	Clem Foley	160	06/05/2011	Clem Foley	400	09/04/2006
	M70-74	M/P												
100	T13-15	RAW												
	T13-15	RAW CL												
	T13-15	S/P												
	T13-15	M P												
	T16-17	RAW												
	T16-17	RAW CL												
	T16-17	S/P												
	T16-17	M/P												
	T18-19	RAW	Ben Kennedy	227.5	01/10/2016	Ben Kennedy	140	01/10/2016	Ben Kennedy	255	01/10/2016	Ben Kennedy	622.5	01/10/2016
	T18-19	RAW CL	Darragh O'Keeffe	280	04/12/2022	Darragh O'Keeffe	172.5	04/12/2022	Darragh O'Keeffe	315	04/12/2022	Darragh O'Keeffe	767.5	04/12/2022
	T18-19	S/P	R Collins	210	06/05/2007	R Collins	145	08/05/2007	R Collins	230	06/05/2007	R Collins	585	04/04/2010
	T18-19	M/P												
	JUNIOR	RAW	Sean Bennett	150	01/10/2016	Sean Bennett	85	01/10/2016	Sean Bennett	160	01/10/2016	Sean Bennett	395	01/10/2016
	JUNIOR	RAW CL	Darragh O'Keeffe	302.5	25/05/2023	Jessie Moran	205	07/04/2018	Darragh O'Keeffe	320	28/04/2023	Jessie Moran	805	07/04/2018
	JUNIOR	S/P	J Hanley	272.5	26/07/2008	J Hanley	190	26/07/2008	P Fitzgerald	302.5	12/11/2009	P Fitzgerald	742.5	12/11/2009
	JUNIOR	M/P												
	OPEN	RAW	Jason Boggan	242.5	15/06/2019	Pawel Siachurski	170	01/10/2016	Sean Hough	285	04/12/2022	Sean Hough	670	04/12/2022
	OPEN	RAW CL	Sean Hoey	317.5	18/11/2017	Lenny O'Sullivan	205	30/11/2024	Sean Hoey	325	01/10/2014	Lenny O'Sullivan	800	30/11/2024
	OPEN	S/P	Sean Hoey	265	31/03/2012	David Smith	212.5	12/11/2009	Sean Hoey	315	21/09/2015	Sean Hoey	817.5	31/03/2012
	OPEN	M/P	Sean Hoey	390	26/07/2015	Jeffery O'Neill	242.5	25/03/2023	Sean Hoey	325	26/07/2015	Sean Hoey	925	26/07/2015
	M40-44	RAW												
	M40-44	RAW CL	Sean Hoey	317.5	18/11/2017	Sean Hoey	160	01/10/2014	Sean Hoey	325	01/10/2014	Sean Hoey	787.5	01/10/2014
	M40-44	S/P	Sean Hoey	352.5	04/04/2015	Sean Hoey	210	05/04/2014	Sean Hoey	335	21/09/2015	Sean Hoey	872.5	04/04/2015
	M40-44	M/P	Shane Brodie	365	28/02/2014	Shane Brodie	230	11/10/2016	Shane Brodie	290	28/02/2014	Shane Brodie	885	28/02/2014
	M45-49	RAW	Aidas Steponavicius	235	05/03/2017	Aidas Steponavicius	155	05/03/2017	Aidas Steponavicius	245	05/03/2017	Aidas Steponavicius	635	05/03/2017
	M45-49	RAW CL	Sean Hoey	310	21/09/2019	Aidas Steponavicius	162.5	27/03/2016	Sean Hoey	317.5	21/09/2019	Sean Hoey	757.5	21/09/2019
	M45-49	S/P	David Smith	340	27/04/2009	David Smith	212.5	12/11/2009	David Smith	280	15/11/2009	David Smith	832.5	15/11/2009
	M45-49	M/P	Shane Brodie	345	15/06/2019	Shane Brodie	200	15/06/2019	Shane Brodie	270	15/06/2019	Shane Brodie	815	15/06/2019
	M50-54	RAW												
	M50-54	RAW CL	Sean Hoey	290	24/03/2024	Billy Bourne	170	24/03/2024	Sean Hoey	290	24/03/2024	Billy Bourne	750	24/03/2024
	M50-54	S/P	Shane Brodie	340	12/06/2024	Shane Brodie	157.5	12/06/2024	Shane Brodie	252.5	12/06/2024	Shane Brodie	750	12/06/2024
	M50-54	M/P	Shane Brodie	390	12/05/2024	Shane Brodie	175	24/03/2024	Shane Brodie	250	24/03/2024	Shane Brodie	807.5	12/05/2024
	M55-59	RAW												
	M55-59	RAW CL	Sean Bullman	120	04/04/2015	Sean Bullman	90	04/04/2015	Sean Bullman	170	04/04/2015	Sean Bullman	370	04/04/2015
	M55-59	S/P	JJ Dunne	280	18/11/2017	JJ Dunne	145	18/11/2017	Gerry Mcafee	325	05/04/2014	Gerry Mcafee	675	05/04/2014
	M55-59	M/P	Gerald Mc Afee	360	04/04/2015	Gerald McAfee	120	04/04/2015	Gerald McAfee	315	04/04/2015	Gerald McAfee	795	04/04/2015
	M60-64	RAW												
	M60-64	RAW CL												
	M60-64	S/P												
	M60-64	M/P												
	M65-69	RAW												
	M65-69	RAW CL												
	M65-69	S/P												
	M65-69	M/P												
110	T13-15	RAW												
	T13-15	RAW CL												
	T13-15	S/P												
	T13-15	M P												
	T16-17	RAW												
	T16-17	RAW CL												
	T16-17	S/P												
	T16-17	M/P												
	T18-19	RAW												
	T18-19	RAW CL	Cameron Murray	180	03/10/2020	Cameron Murray	80	03/10/2020	Cameron Murray	202.5	03/10/2020	Cameron Murray	462.5	03/10/2020
	T18-19	S/P	Philip Graham	192.5	04/04/2010	Philip Graham	70	04/04/2010	Philip Graham	172.5	04/04/2010	Philip Graham	432.5	04/04/2010
	T18-19	M/P												
	JUNIOR	RAW												
	JUNIOR	RAW CL	Killian Carolan	320	05/03/2017	Killian Carolan	195	05/03/2017	Leon Hennessy	300	23/03/2019	Killian Carolan	800	05/03/2017
	JUNIOR	S/P	Dave Foster	280	03/05/2009	Dave Foster	190	03/05/2009	Dave Foster	255	03/05/2009	Dave Foster	720	03/05/2009
	JUNIOR	M/P	Barry Heffernan	315	31/03/2012	Barry Heffernan	180	31/03/2012	Barry Heffernan	285	31/03/2012	Barry Heffernan	780	31/03/2012
	OPEN	RAW	Sean Hough	235	23/03/2022	Sean Hough	165	23/03/2022	Sean Hough	280	23/03/2022	Sean Hough	680	23/03/2022
	OPEN	RAW CL	Colin Ryan	320	05/04/2014	B Sanni	200	03/10/2020	Shane O'Neill	330	01/10/2014	Shane O'Neill	835	04/04/2015
	OPEN	S/P	Nerijus Cekas	390	04/04/2015	Tony O Rourke	271	13/11/2021	Nerijus Cekas	355	04/04/2015	Nerijus Cekas	1000	04/04/2015
	OPEN	M/P	Alan Mc Mahon	370	17/11/2018	Samuel Colgan	250	24/03/2024	Samuel Colgan	292.5	26/08/2021	Samuel Colgan	905	24/03/2024
	M40-44	RAW												
	M40-44	RAW CL	Virginijus Zvinklys	315	28/09/2024	Virginijus Zvinklys	192.5	24/03/2024	Eric Jasipovicius	305	27/03/2016	Eric Jasipovicius	790	27/03/2016
	M40-44	S/P	David Smith	320	06/05/2009	Richie Penkert	170	25/11/2006	Richie Penkert	245	11/03/2006	Richie Penkert	692.5	11/03/2006
	M40-44	M/P												
	M45-49	RAW												
	M45-49	RAW CL	Richie Penkert	280	31/03/2012	Shay Kirwan	155	01/10/2016	Alan Mahoney	260.5	16/10/2015	Alan Mahoney	665.5	16/10/2015
	M45-49	S/P	Pat Mc Namara	300	09/04/2006	Pat Mc Namara	165	09/04/2006	Pat Mc Namara	280	09/04/2006	Pat Mc Namara	745	09/04/2006
	M45-49	M/P												
	M50-54	RAW												
	M50-54	RAW CL	Richie Hoarn	290	28/08/2022	Richie Hoarn	170	28/08/2022	Richie Hoarn	260	28/08/2022	Richie Hoarn	720	28/08/2022
	M50-54	S/P	David Smith	300	04/06/2013	David Smith	220	06/04/2013	David Smith	270	06/04/2013	David Smith	790	04/06/2013
	M50-54	M/P												
	M55-59	RAW												
	M55-59	RAW CL												
	M55-59	S/P												
	M55-59	M/P												
	M60-64	RAW												
	M60-64	RAW CL												
	M60-64	S/P												
	M60-64	M/P												
	M65-69	RAW												
	M65-69	RAW CL												
	M65-69	S/P												
	M65-69	M/P												
125	T13-15	RAW												
	T13-15	RAW CL												
	T13-15	S/P												
	T13-15	M P												
	T16-17	RAW												
	T16-17	RAW CL												
	T16-17	S/P												
	T16-17	M/P												
	T18-19	RAW												
	T18-19	RAW CL	Luke Mc Givney	220	28/09/2024	Luke Mc Givney	130	28/09/2024	Luke Mc Givney	260	28/09/2024	Luke Mc Givney	610	28/09/2024
	T18-19	S/P												
	T18-19	M/P												
	JUNIOR	RAW												
	JUNIOR	RAW CL	Aaron Mc Donnell	302.5	31/08/2024	Aaron Mc Donnell	200	31/08/2024	Killian Carolan	290	01/10/2016	Aaron Mc Donnell	782.5	31/08/2024
	JUNIOR	S/P												
	JUNIOR	M/P												
	OPEN	RAW	Sean Hough	242.5	30/11/2024	Sean Hough	165	10/07/20221	Sean Hough	300	30/11/2024	Sean Hough	700	30/11/2024
	OPEN	RAW CL	Nerijus Cekas	370	27/03/2016	Nerijus Cekas	230	27/03/2016	Nerijus Cekas	340	27/03/2016	Nerijus Cekas	940	27/03/2016
	OPEN	S/P	Nerijus Cekas	415	05/11/2010	Tony O Rourke	282.5	25/03/2018	Nerijus Cekas	350	04/11/2010	Nerijus Cekas	1015	04/11/2010
	OPEN	M/P	Ben Loughrey	440	26/07/2015	Ben Loughrey	352.5	05/04/2014	Ben Loughrey	360	05/04/2014	Ben Loughrey	1152.5	05/04/2014
	M40-44	RAW												
	M40-44	RAW CL	Nerijus Cekas	340	24/03/2024	Nerijus Cekas	200	24/03/2024	Nerijus Cekas	320	24/03/2024	Nerijus Cekas	860	24/03/2024
	M40-44	S/P												
	M40-44	M/P												
	M45-49	RAW												
	M45-49	RAW CL												
	M45-49	S/P	Richie Penkert	290	05/03/2011	Richie Penkert	170	05/03/2011	Richie Penkert	240	05/03/2011	Richie Penkert	700	05/03/2011
	M45-49	M/P												
	M50-54	RAW												
	M50-54	RAW CL	Richard Hoarn	260	23/03/2022	Richard Hoarn	155	23/03/2022	Richard Hoarn	265	23/03/2022	Richard Hoarn	680	23/03/2022
	M50-54	S/P	Pat Mc Namara	300	25/11/2006	Pat Mc Namara	160	25/11/2006	Pat Mc Namara	275	25/11/2006	Pat Mc Namara	735	25/11/2006
	M50-54	M/P												
	M55-59	RAW												
	M55-59	RAW CL	Richard Horan	330	31/10/2023	Richard Horan	175	31/10/2023	Richard Horan	275	25/05/2023	Richard Horan	775	31/10/2023
	M55-59	S/P												
	M55-59	M/P												
	M60-64	RAW												
	M60-64	RAW CL												
	M60-64	S/P												
	M60-64	M/P												
	M65-69	RAW												
	M65-69	RAW CL												
	M65-69	S/P												
	M65-69	M/P												
140	T13-15	RAW												
	T13-15	RAW CL												
	T13-15	S/P												
	T13-15	M P												

	T16-17	RAW													
	T16-17	RAW CL													
	T16-17	S/P													
	T16-17	M/P													
	T18-19	RAW													
	T18-19	RAW CL	Aaron Hayes	270	15/06/2019	Aaron Hayes	165	15/06/2019	Aaron hayes	270	15/06/2019	Aaron Hayes	705	15/06/2019	
	T18-19	S/P													
	T18-19	M/P													
	JUNIOR	RAW													
	JUNIOR	RAW CL	Aaron Hayes	300	05/03/2017	Aaron Hayes	165	05/03/2017	Aaron hayes	272.5	05/03/2017	Aaron Hayes	737.5	05/03/2017	
	JUNIOR	S/P													
	JUNIOR	M/P													
	OPEN	RAW													
	OPEN	RAW CL	Jacob Brennan	352.5	15/04/2017	Dean Purcell	242.5	30/11/2024	Eamonn Herford	340	26/07/2015	Dean Purcell	887.5	30/11/2024	
	OPEN	S/P	Frank McGlonny	300	25/11/2006	Bob Kiely	272.5	16/06/2018	Daniel Walczak	320	25/03/2011	Daniel Walczak	920	25/03/2011	
	OPEN	M/P	Bob Kiely	410	23/03/2019	Bob Kiely	250	26/07/2015	Bob Kiely	270	23/03/2019	Bob Kiely	920	23/03/2019	
	M40-44	RAW													
	M40-44	RAW CL													
	M40-44	S/P													
	M40-44	M/P													
	M45-49	RAW													
	M45-49	RAW CL	Paudie Phelan	210	23/03/2022	Paudie Phelan	150	23/03/2022	Paudie Phelan	240	23/03/2022	Paudie Phelan	600	23/03/2022	
	M45-49	S/P													
	M45-49	M/P	Paudie Phelan	300	03/10/2020	Paudie Phelan	225	03/10/2020	Paudie Phelan	275	03/10/2020	Paudie Phelan	800	03/10/2020	
	M50-54	RAW													
	M50-54	RAW CL													
	M50-54	S/P													
	M50-54	M/P													
	M55-59	RAW													
	M55-59	RAW CL													
	M55-59	S/P													
	M55-59	M/P													
	M60-64	RAW													
	M60-64	RAW CL													
	M60-64	S/P													
	M60-64	M/P													
	M65-69	RAW													
	M65-69	RAW CL													
	M65-69	S/P													
	M65-69	M/P													
140+	T13-15	RAW													
	T13-15	RAW CL													
	T13-15	S/P													
	T13-15	M P													
	T16-17	RAW													
	T16-17	RAW CL													
	T16-17	S/P													
	T16-17	M/P													
	T18-19	RAW													
	T18-19	RAW CL	Aaron Hayes	280	01/10/2016	Aaron Hayes	150	01/10/2016	Aaron Hayes	285	01/10/2016	Aaron Hayes	715	01/10/2016	
	T18-19	S/P													
	T18-19	M/P													
	JUNIOR	RAW													
	JUNIOR	RAW CL	Aaron Hayes	325	17/11/2018	Aaron Hayes	172.5	17/11/2018	Patrick Parsons	310	17/11/2018	Aaron Hayes	787.5	17/11/2018	
	JUNIOR	S/P													
	JUNIOR	M/P	Aaron Hayes	401	17/09/2017	Aaron Hayes	215	17/09/2017	Aaron hayes	270	17/09/2017	Aaron Hayes	885	17/09/2017	
	OPEN	RAW													
	OPEN	RAW CL	Eamonn Herford	370	25/09/2019	Intras Stepanovics	210	05/04/2014	Eamonn Herford	370	25/03/2018	Eamonn Herford	912.5	25/03/2018	
	OPEN	S/P	Leslie Steele	320	01/10/2016	Leslie steele	260	01/10/2016	Leslie Steele	275	01/10/2016	Leslie Steele	855	01/10/2016	
	OPEN	M/P	Aaron Hayes	401	17/09/2017	Leslie Steele	275	04/04/2015	Leslie Steele	260	04/04/2015	Aaron Hayes	885	17/09/2017	
	M40-44	RAW													
	M40-44	RAW CL													
	M40-44	S/P													
	M40-44	M/P													
	M45-49	RAW													
	M45-49	RAW CL													
	M45-49	S/P													
	M45-49	M/P													
	M50-54	RAW													
	M50-54	RAW CL													
	M50-54	S/P													
	M50-54	M/P													
	M55-59	RAW													
	M55-59	RAW CL													
	M55-59	S/P													
	M55-59	M/P													
	M60-64	RAW													
	M60-64	RAW CL													
	M60-64	S/P													
	M60-64	M/P													
	M65-69	RAW													
	M65-69	RAW CL													
	M65-69	S/P													
	M65-69	M/P													

IPO- POWERLIFTING RECORDS WOMEN

CLASS (kg)	Category	Division	SQUAT Name	Squat	Date	BENCHPRESS Name	Bench	Date	DEADLIFT Name	Deadlift	Date	TOTALS Name	Totals	Date
48	T13-15	RAW												
	T13-15	RAW CL												
	T13-15	S/P												
	T13-15	M P												
	T16-17	RAW												
	T16-17	RAW CL												
	T16-17	S/P												
	T16-17	M/P												
	T18-19	RAW												
	T18-19	RAW CL												
	T18-19	S/P												
	T18-19	M/P												
	JUNIOR	RAW												
	JUNIOR	RAW CL												
	JUNIOR	S/P												
	JUNIOR	M/P												
	OPEN	RAW												
	OPEN	RAW CL	Megan Haverty	75	14/06/2019	Megan Haverty	50	14/06/2019	Megan Haverty	75	14/06/2019	Megan Haverty	200	14/06/2019
	OPEN	S/P	Megan Haverty	100	04/03/2023	Megan Haverty	70	04/03/2023	Megan Haverty	110	04/03/2023	Megan Haverty	280	04/03/2023
	OPEN	M/P												
	M40-44	RAW												
	M40-44	RAW CL												
	M40-44	S/P												
	M40-44	M/P												
	M45-49	RAW												
	M45-49	RAW CL												
	M45-49	S/P												
	M45-49	M/P												
	M50-54	RAW												
	M50-54	RAW CL												
	M50-54	S/P												
	M50-54	M/P												
	M55-59	RAW												
	M55-59	RAW CL												
	M55-59	S/P												
	M55-59	M/P												
	M60-64	RAW												
	M60-64	RAW CL												
	M60-64	S/P												
	M60-64	M/P												
	M65-69	RAW												
	M65-69	RAW CL												
	M65-69	S/P												
	M65-69	M/P												
52	T13-15	RAW												
	T13-15	RAW CL												
	T13-15	S/P												
	T13-15	M P												
	T16-17	RAW												
	T16-17	RAW CL	Lillimai Coade	67.5	28/09/2024	Lillimai Coade	42.5	28/09/2024	Lillimai Coade	90	28/09/2024	Lillimai Coade	200	28/09/2024
	T16-17	S/P												
	T16-17	M/P												
	T18-19	RAW												
	T18-19	RAW CL												
	T18-19	S/P												
	T18-19	M/P												
	JUNIOR	RAW												
	JUNIOR	RAW CL	Anna Hourahane	115	27/03/2016	Anna Hourahane	70	27/03/2016	Anna Hourahane	140	27/03/2016	Anna Hourahane	320	27/03/2016
	JUNIOR	S/P												
	JUNIOR	M/P												
	OPEN	RAW												
	OPEN	RAW CL	Hazel Hu	130	27/03/2016	Anna Hourahane	70	27/03/2016	Hazel Hu	145	27/03/2016	Hazel Hu	342.5	27/03/2016
	OPEN	S/P												
	OPEN	M/P												
	M40-44	RAW												
	M40-44	RAW CL	Monica Magee	65	25/03/2016	Monica Magee	40	25/03/2016	Monica Magee	105	25/03/2016	Monica Magee	210	25/03/2016
	M40-44	S/P												
	M40-44	M/P												
	M45-49	RAW												
	M45-49	RAW CL	Monica Magee	65	25/03/2016	Monica Magee	40	25/03/2016	Monica Magee	105	25/03/2016	Monica Magee	210	25/03/2016
	M45-49	S/P												
	M45-49	M/P												
	M50-54	RAW	Monica Magee	70	05/03/2017	Monica Magee	45	05/03/2017	Monica Magee	112.5	05/03/2017	Monica Magee	227.5	05/03/2017
	M50-54	RAW CL												
	M50-54	S/P												
	M50-54	M/P												
	M55-59	RAW												
	M55-59	RAW CL												
	M55-59	S/P												
	M55-59	M/P												
	M60-64	RAW												
	M60-64	RAW CL												
	M60-64	S/P												
	M60-64	M/P												
	M65-69	RAW												
	M65-69	RAW CL												
	M65-69	S/P												
	M65-69	M/P												
56	T13-15	RAW												
	T13-15	RAW CL												
	T13-15	S/P												
	T13-15	M P												
	T16-17	RAW												
	T16-17	RAW CL												
	T16-17	S/P												
	T16-17	M/P												
	T18-19	RAW												
	T18-19	RAW CL												
	T18-19	S/P												
	T18-19	M/P												
	JUNIOR	RAW	Olivia Phelan	50	01/10/2016	Olivia Phelan	30	01/10/2016	Olivia Phelan	85	01/10/2016	Olivia Phelan	165	01/10/2016
	JUNIOR	RAW CL												
	JUNIOR	S/P												
	JUNIOR	M/P												
	OPEN	RAW	Tara Mooney	100	14/07/2018	Tara Mooney	57.5	14/07/2018	Tara Mooney	130	14/07/2018	Tara Mooney	287.5	14/07/2018
	OPEN	RAW CL	Lisa Farrelly	145	07/11/2016	Lisa Farrelly	70	07/11/2016	Lisa Farrelly	150	07/11/2016	Lisa Farrelly	365	07/11/2016
	OPEN	S/P												
	OPEN	M/P	Aisling O'Neill	95	25/05/2023	Aisling O'Neill	50	25/05/2023	Aisling O'Neill	115	25/05/2023	Aisling O'Neill	260	25/05/2023
	M40-44	RAW												
	M40-44	RAW CL												
	M40-44	S/P												
	M40-44	M/P												
	M45-49	RAW	Kim Duggan	87.5	01/10/2016	Kim Duggan	55	01/10/2016	Kim Duggan	110	01/10/2016	Kim Duggan	252.5	01/10/2016
	M45-49	RAW CL												
	M45-49	S/P												
	M45-49	M/P												
	M50-54	RAW												
	M50-54	RAW CL	Monica Magee	70	18/11/2017	Monica Magee	45	18/11/2017	Monica Magee	105	18/11/2017	Monica Magee	220	18/11/2017
	M50-54	S/P												
	M50-54	M/P												
	M55-59	RAW												
	M55-59	RAW CL												
	M55-59	S/P												
	M55-59	M/P												
	M60-64	RAW												
	M60-64	RAW CL												
	M60-64	S/P												
	M60-64	M/P												
	M65-69	RAW												
	M65-69	RAW CL												
	M65-69	S/P												
	M65-69	M/P												
60	T13-15	RAW												
	T13-15	RAW CL												
	T13-15	S/P												
	T13-15	M P												
	T16-17	RAW												
	T16-17	RAW CL												
	T16-17	S/P												

	T16-17	M/P												
	T18-19	RAW												
	T18-19	RAW CL												
	T18-19	S/P												
	T18-19	M/P												
	JUNIOR	RAW												
	JUNIOR	RAW CL	Sharon Nagle	95	15/10/2015	Sharon Nagle	47.5	25/03/2016	Sharon Nagle	132.5	25/03/2016	Sharon Nagle	275	25/03/2016
	JUNIOR	S/P												
	JUNIOR	M/P												
	OPEN	RAW	Tara Mooney	100	24/03/2018	Tara Mooney	57.5	24/03/2018	Tara Mooney	140	24/03/2018	Tara Mooney	292.5	24/03/2018
	OPEN	RAW CL	Lina O Sullivan	190	04/11/2017	Lina O Sullivan	90	15/04/2017	Lina O Sullivan	182.5	04/11/2017	Lina O Sullivan	460	04/11/2017
	OPEN	S/P	Danielle Mc Kinney	160	01/10/2016	Danielle Mc Kinney	77.54	15/04/2017	Danielle Mc Kinney	160	25/03/2016	Danielle Mc Kinney	392.5	15/04/2017
	OPEN	M/P	Marie Burke	160	14/06/2019	Marie Burke	100	14/06/2019	Marie Burke	162.5	14/06/2019	Marie Burke	422.5	14/06/2019
	M40-44	RAW												
	M40-44	RAW CL	Siobhan Hynes	155	23/02/2019	Siobhan Hynes	87.5	22/09/2019	Siobhan Hynes	160	22/09/2019	Siobhan Hynes	397.5	22/09/2019
	M40-44	S/P												
	M40-44	M/P												
	M45-49	RAW												
	M45-49	RAW CL												
	M45-49	S/P												
	M45-49	M/P												
	M50-54	RAW												
	M50-54	RAW CL												
	M50-54	S/P												
	M50-54	M/P												
	M55-59	RAW												
	M55-59	RAW CL												
	M55-59	S/P												
	M55-59	M/P												
	M60-64	RAW												
	M60-64	RAW CL												
	M60-64	S/P												
	M60-64	M/P												
	M65-69	RAW												
	M65-69	RAW CL												
	M65-69	S/P												
	M65-69	M/P												
67.5	T13-15	RAW												
	T13-15	RAW CL												
	T13-15	S/P												
	T13-15	M P												
	T16-17	RAW												
	T16-17	RAW CL												
	T16-17	S/P												
	T16-17	M/P												
	T18-19	RAW												
	T18-19	RAW CL												
	T18-19	S/P												
	T18-19	M/P												
	JUNIOR	RAW												
	JUNIOR	RAW CL	Naomi Smith	105	15/10/2015	Naomi Smith	63	04/04/2015	Naomi Smith	122.5	04/04/2015	Naomi Smith	290	15/10/2015
	JUNIOR	S/P												
	JUNIOR	M/P												
	OPEN	RAW	Nicola Harte	130	25/11/2023	Nicola Harte	90	25/11/2023	Nicola Harte	180	25/11/2023	Nicola Phelan	400	25/11/2023
	OPEN	RAW CL	Lina O Sullivan	197.5	22/09/2019	Lina O Sullivan	105	22/09/2019	Lina O Sullivan	182.5	22/09/2019	Lina O Sullivan 485	29/04/1901	22/09/2019
	OPEN	S/P	Angie Mc Namara	184	05/03/2011	Angie Mc Namara	95	05/03/2011	Angie Mc Namara	200	05/03/2011	Angie Mc Namara	477.5	05/03/2011
	OPEN	M/P	Edyta Piechowicz	165	04/09/2021	Edyta Piechowicz	85	04/09/2021	Edyta Piechowicz	165	04/09/2021	Edyta Piechowicz	415	04/09/2021
	M40-44	RAW	Nicola Harte	130	25/11/2023	Nicola Harte	90	25/11/2023	Nicola Harte	180	25/11/2023	Nicola Phelan	400	25/11/2023
	M40-44	RAW CL	Siobhan Hynes	160	04/09/2021	Siobhan Hynes	85	04/09/2021	Debbie Duggan	160	25/05/2023	Siobhan Hynes	382.5	04/09/2021
	M40-44	S/P												
	M40-44	M/P												
	M45-49	RAW												
	M45-49	RAW CL	Tara O Connor	120	15/10/2015	Noeleen Gregory	62.5	15/10/2015	Tara O Connor	140	15/10/2015	Tara O Connor	320	15/10/2015
	M45-49	S/P												
	M45-49	M/P												
	M50-54	RAW	Noeleen Gregory	80	23/03/2019	Noeleen Gregory	60	23/03/2019	Noeleen Gregory	100	23/03/2019	Noeleen Gregory	240	23/03/2019
	M50-54	RAW CL	Noeleen Gregory	100	25/03/2016	Noeleen Gregory	65	25/03/2016	Noeleen Gregory	110	25/03/2016	Noeleen Gregory	275	26/03/2016
	M50-54	S/P												
	M50-54	M/P												
	M55-59	RAW												
	M55-59	RAW CL												
	M55-59	S/P												
	M55-59	M/P												
	M60-64	RAW												
	M60-64	RAW CL												
	M60-64	S/P												
	M60-64	M/P												
	M65-69	RAW												
	M65-69	RAW CL												
	M65-69	S/P												
	M65-69	M/P												
75	T13-15	RAW												
	T13-15	RAW CL												
	T13-15	S/P												
	T13-15	M P												
	T16-17	RAW												
	T16-17	RAW CL												
	T16-17	S/P												
	T16-17	M/P												
	T18-19	RAW												
	T18-19	RAW CL												
	T18-19	S/P												
	T18-19	M/P												
	JUNIOR	RAW	Vera Klauke	92.5	14/07/2018	Vera Klauke	50	14/07/2018	Vera Klauke	130	14/07/2018	Vera Klauke	272.5	14/07/2018
	JUNIOR	RAW CL	Stephanie Hewitt	146.5	25/03/2016	Deanna Hughes	82.5	06/04/2013	Valerie Kearney	155	05/04/2014	Valerie Kearney	362.5	05/04/2014
	JUNIOR	S/P												
	JUNIOR	M/P												
	OPEN	RAW	Nicola Phelan	100	10/07/2021	Nicola Phelan	80	10/07/2021	Nicola Phelan	145	10/07/2021	Nicola Phelan	325	10/07/2021
	OPEN	RAW CL	Angie Mc Namara	177.5	01/10/2016	Jennifer O'Neill	115	05/04/2014	Jennifer O'Neill	205	05/04/2014	Angie Mc Namara	490	01/10/2016
	OPEN	S/P	Joanne Connolly	220	15/09/2018	Joanne Connolly	130	15/09/2018	Tara OShaughnessy	200	15/09/2016	Joanne Connolly	550	15/09/2018
	OPEN	M/P	Tara OShaughnessy	245	15/04/2017	Tara OShaughnessy	120	15/04/2017	Tara OShaughnessy	200	15/04/2017	Tara OShaughnessy	565	15/04/2017
	M40-44	RAW												
	M40-44	RAW CL	Angie Mc Namara	177.5	01/10/2016	Angie Mc Namara	107.5	01/10/2016	Angie Mc Namara	205	01/10/2016	Angie Mc Namara	490	01/10/2016
	M40-44	S/P												
	M40-44	M/P	Tara OShaughnessy	275	11/11/2018	Tara OShaughnessy	130	11/11/2018	Tara OShaughnessy	200	15/04/2017	Tara OShaughnessy	577.5	11/11/2018
	M45-49	RAW												
	M45-49	RAW CL												
	M45-49	S/P												
	M45-49	M/P										Rehana Maniar	115	28/05/2023
	M50-54	RAW												
	M50-54	RAW CL												
	M50-54	S/P												
	M50-54	M/P												
	M55-59	RAW												
	M55-59	RAW CL												
	M55-59	S/P												
	M55-59	M/P												
	M60-64	RAW												
	M60-64	RAW CL												
	M60-64	S/P												
	M60-64	M/P												
	M65-69	RAW												
	M65-69	RAW CL												
	M65-69	S/P												
	M65-69	M/P												
82.5	T13-15	RAW												
	T13-15	RAW CL												
	T13-15	S/P												
	T13-15	M P												
	T16-17	RAW												
	T16-17	RAW CL												
	T16-17	S/P												
	T16-17	M/P												
	T18-19	RAW												
	T18-19	RAW CL												
	T18-19	S/P												
	T18-19	M/P												
	JUNIOR	RAW												
	JUNIOR	RAW CL	Deanna Hughes	165	15/04/2017	Deanna Hughes	115	15/04/2017	Deanna Hughes	205	15/04/2017	Deanna Hughes	485	15/04/2017
	JUNIOR	S/P												
	JUNIOR	M/P												
	OPEN	RAW	Paulina Coleman	145	14/06/2019	Paulina Coleman	85	23/03/2019	Paulina Coleman	192.5	14/06/2019	Paulina Coleman	417.5	14/06/2019
	OPEN	RAW CL	Deanna Hughes	200	22/09/2019	Deanna Hughes	125	23/03/2019	Deanna Hughes	215	22/09/2019	Deanna Hughes	537.5	22/09/2019
	OPEN	S/P	Joanne Connolly	250	17/09/2017	Joanne Connolly	130	17/09/2017	Tara OShaughnessy	205	01/10/2016	Joanne Connolly	565	17/09/2017
	OPEN	M/P	Joanne Connolly	327.5	03/10/2020	Joanne Connolly	182.5	03/10/2020	Joanne Connolly	220	03/10/2020	Joanne Connolly	730	03/10/2020
	M40-44	RAW	Paulina Coleman	140	23/03/2019	Paulina Coleman	85	23/03/2019	Paulina Coleman	185	23/03/2019	Paulina Coleman	410	23/03/2019
	M40-44	RAW CL	Angie Mc Namara	182.5	25/03/2016	Angie Mc Namara	105	31/07/2016	Angie Mc Namara	210	31/07/2016	Angie Mc Namara	495	31/807/2016
	M40-44	S/P	Tara OShaughnessy	200	01/10/2016	Tara OShaughnessy	110	01/10/2016	Tara OShaughnessy	205	01/10/2016	Tara OShaughnessy	515	01/10/2016
	M40-44	M/P	Angie Mc Namara	235	07/06/2016	Angie Mc Namara	140	07/06/2016	Angie Mc Namara	200	07/06/2016	Angie Mc Namara	575	07/06/2016
	M45-49	RAW												
	M45-49	RAW CL	Patricia Page	105	04/04/2015	Patricia Page	50	04/04/2015	Patricia Page	140	25/06/2015	Patricia Page	290	25/06/2015
	M45-49	S/P												
	M45-49	M/P												
	M50-54	RAW												
	M50-54	RAW CL												
	M50-54	S/P												
	M50-54	M/P												
	M55-59	RAW												
	M55-59	RAW CL												
	M55-59	S/P												
	M55-59	M/P												
	M60-64	RAW												
	M60-64	RAW CL												
	M60-64	S/P												
	M60-64	M/P												
	M65-69	RAW												
	M65-69	RAW CL												
	M65-69	S/P												
	M65-69	M/P												
90	T13-15	RAW	Sophiev Mac Cobb	160	24/03/2024	Sophiev Mac Cobb	72.5	24/03/2024	Sophiev Mac Cobb	110	24/03/2024	Sophiev Mac Cobb	342.5	24/03/2024
	T13-15	RAW CL												
	T13-15	S/P												
	T13-15	M P												
	T16-17	RAW												
	T16-17	RAW CL												
	T16-17	S/P												
	T16-17	M/P												
	T18-19	RAW												
	T18-19	RAW CL												
	T18-19	S/P												
	T18-19	M/P												
	JUNIOR	RAW												
	JUNIOR	RAW CL												
	JUNIOR	S/P												
	JUNIOR	M/P												
	OPEN	RAW	Sue Vaughey	105	01/10/2016	Sue Vaughey	55	01/10/2016	Sue Vaughey	135	01/10/2016	Sue Vaughey	295	01/10/2016
	OPEN	RAW CL	Laura Vogelsang	260	10/07/2021	Laura Vogelsang	126	10/07/2021	Laura Vogelsang	240	10/07/2021	Laura Vogelsang	626	10/07/2021
	OPEN	S/P	Paula Daly	180	05/03/2017	Paula Daly	100	05/03/2017	Paula Daly	155	05/03/2017	Paula Daly	435	05/03/2017
	OPEN	M/P	Paulina Coleman	205	04/09/2021	Paulina Coleman	112.5	04/09/2021	Paulina Coleman	205	04/09/2021	Paulina Coleman	522.5	04/09/2021
	M40-44	RAW	Saundra Ryan	110	05/03/2017	Aideen Clarke	60	02/10/2021	Saundra Ryan	142.5	05/03/2017	Saundra Ryan	302.5	05/03/2017
	M40-44	RAW CL	Patricia Page	70	15/10/2015	Patricia Page	40	15/10/2015	Patricia Page	125	15/10/2015	Patricia Page	235	15/10/2015
	M40-44	S/P												
	M40-44	M/P	Paulina Coleman	205	04/09/2021	Paulina Coleman	112.5	04/09/2021	Paulina Coleman	205	04/09/2021	Paulina Coleman	522.5	04/09/2021
	M45-49	RAW	Olivia Donnelly	100	23/03/2019	Olivia Donnelly	60	23/03/2019	Olivia Donnelly	160	23/03/2019	Olivia Donnelly	320	23/03/2019
	M45-49	RAW CL	Patricia Page	105	25/03/2016	Patricia Page	50	25/03/2016	Patricia Page	135	25/03/2016	Patricia Page	290	25/03/2016
	M45-49	S/P												
	M45-49	M/P												

	M50-54	RAW												
	M50-54	RAW CL												
	M50-54	S/P												
	M50-54	M/P												
	M55-59	RAW												
	M55-59	RAW CL												
	M55-59	S/P												
	M55-59	M/P												
	M60-64	RAW												
	M60-64	RAW CL												
	M60-64	S/P												
	M60-64	M/P												
	M65-69	RAW												
	M65-69	RAW CL												
	M65-69	S/P												
	M65-69	M/P												
100	T13-15	RAW												
	T13-15	RAW CL												
	T13-15	S/P												
	T13-15	M P												
	T16-17	RAW												
	T16-17	RAW CL												
	T16-17	S/P												
	T16-17	M/P												
	T18-19	RAW												
	T18-19	RAW CL												
	T18-19	S/P												
	T18-19	M/P												
	JUNIOR	RAW												
	JUNIOR	RAW CL												
	JUNIOR	S/P												
	JUNIOR	M/P												
	OPEN	RAW	Sue Vaughey	140	14/06/2019	Sue Vaughey	72.5	14/06/2019	Sue Vaughey	155	14/06/2019	Sue Vaughey	367.5	14/06/2019
	OPEN	RAW CL	Nicola Crawley	140	05/03/2017	Nicola Crawley	70	05/03/2017	Nicola Crawley	150	05/03/2017	Nicola Crawley	360	05/03/2017
	OPEN	S/P												
	OPEN	M/P												
	M40-44	RAW												
	M40-44	RAW CL	Sarah Grieve	137.5	25/03/2016	Sarah Grieve	65	25/03/2016	Sarah Grieve	147.5	25/03/2016	Sarah Grieve	350	25/03/2016
	M40-44	S/P												
	M40-44	M/P												
	M45-49	RAW												
	M45-49	RAW CL												
	M45-49	S/P												
	M45-49	M/P												
	M50-54	RAW												
	M50-54	RAW CL												
	M50-54	S/P												
	M50-54	M/P												
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	M55-59	RAW CL												
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	M55-59	M/P												
	M60-64	RAW												
	M60-64	RAW CL												
	M60-64	S/P												
	M60-64	M/P												
	M65-69	RAW												
	M65-69	RAW CL												
	M65-69	S/P												
	M65-69	M/P												
110	T13-15	RAW												
	T13-15	RAW CL												
	T13-15	S/P												
	T13-15	M P												
	T16-17	RAW												
	T16-17	RAW CL												
	T16-17	S/P												
	T16-17	M/P												
	T18-19	RAW												
	T18-19	RAW CL												
	T18-19	S/P												
	T18-19	M/P												
	JUNIOR	RAW												
	JUNIOR	RAW CL												
	JUNIOR	S/P												
	JUNIOR	M/P												
	OPEN	RAW												
	OPEN	RAW CL												
	OPEN	S/P												
	OPEN	M/P												
	M40-44	RAW												
	M40-44	RAW CL												
	M40-44	S/P												
	M40-44	M/P												
	M45-49	RAW												
	M45-49	RAW CL												
	M45-49	S/P												
	M45-49	M/P												
	M50-54	RAW												
	M50-54	RAW CL	Jacinta Smith	180	04/11/2023	Jacinta Smith	75	04/11/2023	Jacinta Smith	170	04/11/2023	Jacinta Smith	425	04/11/2023
	M50-54	RAW CL												
	M50-54	S/P												
	M50-54	M/P												
	M55-59	RAW												
	M55-59	RAW CL												
	M55-59	S/P												
	M55-59	M/P												
	M60-64	RAW												
	M60-64	RAW CL												
	M60-64	S/P												
	M60-64	M/P												
	M65-69	RAW												
	M65-69	RAW CL												
	M65-69	S/P												
	M65-69	M/P												
110+	T13-15	RAW												
	T13-15	RAW CL												
	T13-15	S/P												
	T13-15	M P												
	T16-17	RAW												
	T16-17	RAW CL												
	T16-17	S/P												
	T16-17	M/P												
	T18-19	RAW												
	T18-19	RAW CL												
	T18-19	S/P												
	T18-19	M/P												
	JUNIOR	RAW												
	JUNIOR	RAW CL												
	JUNIOR	S/P												
	JUNIOR	M/P												
	OPEN	RAW												
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	M40-44	RAW												
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	M40-44	S/P												
	M40-44	M/P												
	M45-49	RAW												
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	M60-64	M/P												
	M65-69	RAW												
	M65-69	RAW CL												
	M65-69	S/P												
	M65-69	M/P												